

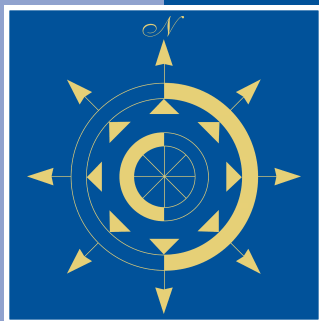
## IMMUNIZATION FOR **TRAVELERS**

CDC National Immunization Information  
HOTLINE:

# 800-232-2522

CDC Traveler's Health Information  
NUMBER:

# 877-394-8747



On the Road  
To Healthier Travels



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION

**Today, individuals can travel internationally in comfort and with little risk of serious illness, thanks in large part to immunization and other preventive measures. Through education, appropriate hygiene and preventive measures, U.S. travelers can safely visit areas of the world where diseases such as measles, polio, typhoid fever, yellow fever, viral hepatitis and malaria occur.**

### Health Risks

**Y**our risk of becoming ill when traveling depends, in part, on the areas to be visited, the length of stay, and your style of travel. In most cases, international tourist destinations are in highly developed areas where you should observe health precautions similar to those in the United States. However, because of differences in living standards and sanitary conditions, food and water safety, and immunization coverage, your risk of illness is higher if you are traveling in developing countries and rural areas.

### Protecting Yourself

**Y**ou should always seek information regarding necessary health precautions a minimum of 4 to 6 weeks before travel. Your health care provider can inform you of what precautions to take for your specific travel destination. You can also visit CDC's travelers' health website at [www.cdc.gov/travel](http://www.cdc.gov/travel). This website will give you the most up-to-date information on immunization recommendations and requirements for your destination as well as current health alerts or advisories. Many state and local health departments throughout the United States provide travel immunizations. You may also seek directories of private travel clinics throughout the United States through the International Society of Travel Medicine or the American Society of Tropical Medicine and Hygiene.

# TRAVEL SMART

SAFER  
HEALTHIER  
PEOPLE™

Regardless of your destination, all travelers should follow simple precautions.

- Wash hands often with soap and water
- Don't eat or drink dairy products unless you know they have been pasteurized
- Never eat undercooked ground beef and poultry, and raw eggs
- Remember that raw shellfish is particularly dangerous to persons with liver disease or compromised immune systems

Travelers' diarrhea is the number one illness in travelers and is caused by viruses, bacteria or parasites, which can contaminate food or water. Make sure your food and drinking water are safe.

When traveling, you should carry—

- Insect repellent containing DEET
- Over-the-counter antidiarrheal medicine
- Iodine tablets and water filters to purify water if the tap water is unsafe and/or bottled water is not available
- Sunblock
- Prescription medications (including a copy of the prescription)

Your travel health kit should remain with you at all times, including in your carry-on baggage instead of stowed away with your other luggage.

Information on vaccines recommended  
for all U.S. citizens:

[www.cdc.gov/nip](http://www.cdc.gov/nip)

Diphtheria

Tetanus

Pertussis

Measles

Mumps

Rubella [German Measles]

Polio

Hib B

Hepatitis A & B

Varicella [Chickenpox]

Immunization is one of the best forms of protection for all travelers. You should ensure you receive all needed vaccines before your trip. Many vaccine-preventable diseases, rarely seen in the United States, are still prevalent in other parts of the world. CDC advises all routine immunizations be up-to-date before travel, including vaccines listed at left.

Others which may be needed include Pneumococcal and Influenza vaccines. The country of destination and CDC will also recommend other vaccines which a traveler may want to acquire, including Typhoid, Yellow Fever and Rabies vaccines. The Yellow Fever vaccine may be required to cross certain international borders; in this case, a stamped vaccine certificate will be issued to you by the immunization center.

Pneumococcal Disease

Influenza

Typhoid

Yellow Fever

Rabies

CDC Traveler's Health  
877-394-8747

CDC Immunization Hotline

English: 800-232-2522 Español: 800-232-0233

## INTERNATIONAL TRAVEL RESOURCES

CDC publishes *Health Information for International Travel* (the **Yellow Book**), containing updated vaccination information, updated information on malaria risk and prophylaxis, disease-specific text and tables, information on altitude sickness and international adoption, country listing, and maps and indexing. The Yellow Book is a handy reference for those who advise international travelers of health risks related to travel—health care providers, travel agencies, airlines, cruise lines, missionary organizations and academic institutions. It can be ordered by calling **1-877-252-1200**.

The CDC website, [www.cdc.gov/travel](http://www.cdc.gov/travel), includes current information on destinations, recommended vaccinations and preventive measures that travelers should take to protect their health.

The "Summary of Health Information for International Travel" (the **Blue Sheet**) is published by CDC biweekly and shows official changes in the vaccines required by individual countries as well as information on where cholera and yellow fever are being reported. The Blue Sheet is available by fax **1-888-CDC-FAXX** (232-3299), document number **220022**, or at [www.cdc.gov/travel/blusheet.htm](http://www.cdc.gov/travel/blusheet.htm)